



Natural Gas Matters

IDEAS AND INSIGHTS FROM YOUR NATURAL GAS SERVICE PROVIDER



Protect Yourself From Carbon Monoxide

Safe, clean, reliable natural gas is a smart way to stay warm and comfortable this winter. When appliances are installed properly and are operating efficiently, natural gas burns cleanly and safely. But it's important to make sure that all fuel-burning heaters and appliances are working properly to prevent the creation of carbon monoxide.

What Is Carbon Monoxide?

Carbon monoxide, sometimes called "CO," is an odorless, colorless and tasteless gas that can make you sick and, under some circumstances, may be deadly. Carbon monoxide is created when fuel does not burn completely. Sources may include improperly vented or malfunctioning appliances, auto exhaust and blocked chimney flues.



Carbon monoxide may be present if you see black soot around vents, flues, furnace filters or appliance-burner access points. A yellow flame instead of a blue flame on appliance burners is another warning sign.

Carbon monoxide poisoning may be easily mistaken for other illnesses. Symptoms may include headache, dizziness, ringing in the ears, fatigue, increased perspiration, nausea, weakness and vomiting.

If you suspect the presence of carbon monoxide, leave immediately and use a phone located elsewhere to call 911.

PREVENT CARBON MONOXIDE EXPOSURE:

- Install and maintain a carbon monoxide detector in accordance with manufacturer's instructions.
- Check and maintain proper ventilation of appliances and chimney flues.
- Clean or replace furnace filters regularly.
- Do not block air intake areas near appliances.
- Do not use a natural gas range or space heater to heat your home.
- Do not start your car, lawn mower or any combustion engine in a closed garage.
- Do not operate a natural gas or propane grill in an enclosed area.
- Notice the color of the flame on a natural gas appliance. A yellow flame instead of a blue one is a warning sign that the appliance is not operating or vented properly.
- Have a qualified contractor inspect your heating and cooling equipment annually.

Time to Replace Your Heating System?

Save money with a new high-efficiency natural gas furnace. Not only will you see savings each month on your energy bill, but you'll also see savings with a rebate from Oklahoma Natural Gas. Our Energy-Efficiency Program offers rebates of up to \$1,950 for replacing your current heating system with a high-efficiency system.



If you're in the market for a new heating system, be sure to take advantage of one of these great rebates:

- > **\$150 Rebate** - 92% to 94.9% Efficient Natural Gas Furnace
- > **\$550 Rebate** - 95% Efficient Natural Gas Furnace
- > **\$1,950 Rebate** - Electric to Natural Gas Furnace Conversion

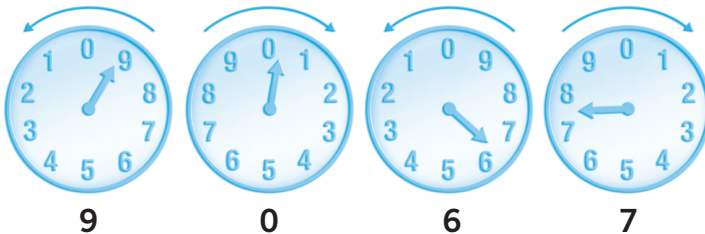
Learn more and find applications for our heating system replacement program at www.oklahomanaturalgas.com/rebates.

How to Read Your Meter

Learn how to read your natural gas meter; it's easy. Simply follow these three easy steps:

1. Read each dial in the direction of the arrow, starting with the dial on the left.
2. Notice the numbers are in a clockwise position on some dials and in a counterclockwise position on others.
3. Record the last number the needle has passed, even if the needle has almost reached the next highest number.

Use this illustration to test your meter-reading skills.



Black Bean & Rice Soup

Ingredients:

4 (15 oz.) cans black beans
2 cups chicken broth
1.25 lbs. ground turkey
1 (15 oz.) can corn, drained
1 cup salsa
1 cup instant rice

Directions:

1. Brown turkey over medium flame. Drain fat and set aside.
2. Blend 3 cans of black beans with chicken broth in a blender.
3. Pour blended beans into a large pot.
4. Add salsa to bean mixture and stir.
5. Add corn, cooked turkey and remaining can of drained black beans.
6. Heat soup over medium heat.
7. Prepare 1 cup of instant rice according to package directions.
8. Place $\frac{1}{4}$ cup of rice per bowl, and pour a generous cup of soup over rice. Add toppings as desired. Serves 4-6.



Amount per serving: Calories: 634; Fat: 5 g.; Carbohydrates: 94 g.; Protein: 50 g.